

first year students to pledge themselves to attendance in the gymnasium, in order that they should be regular attendants in the following years. If a gymnasium fee were charged, students would be more careful to avail themselves of their privileges. Mrs. Raff believes that the best class work for university students partakes of the nature of play, and that corrective work must be individual. The effort to do individual work has made the year a heavy one. In the discussion which followed it was pointed out, that, until physical culture is made a part of the university curriculum; there will be great difficulty in securing an hour, which will suit all the students. Mrs. Rowell moved, Mrs. Kerr seconded, that the plan of registering exercise each day be continued, and that all delinquents be reported to the Dean. Carried. Report is on file.²⁵

"That next year Miss Hamilton have room and board for services in South Hall, such services to be determined by the Head of South Hall."²⁶

The Director of the Gymnasium reported that the students of Annesley and South Halls were examined by Dr. MacMurchy, and were found to be in good health; tendencies to curvature discerned two years ago have been corrected; classes have been arranged for junior work, curative and corrective work, games, Swedish gymnastics, Swedish theory, physiology, aesthetics, and deportment. Special classes have been arranged for the young women of Victoria College, who are not in residence. On motion of Mrs. Carman and Mrs. Sutherland, the report was adopted. In regard to the question of charges for admission to these classes, Mrs. Sutherland moved, Mrs. Gurney seconded, "that all non-resident women students at Victoria College be admitted to all the privileges of the gymnasium free of charge." Carried.²⁷

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Mrs. Raff gave her annual report of the work in the gymnasium, which was not satisfactory she said, because so many students failed to recognize their moral obligation to physical education. Earnest students are found in the first, third and fourth years, none in the

²⁵ VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 12 May 1910.

²⁶ VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 14 June 1910.

²⁷ VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 10 November 1910.

second. The students should be made to realize that physical training is for the benefit of the race and this larger thought would give more definite motive and inspiration. There should be more study of life and our place in nature, of human life, its nature, origin and development, of responsibility for the home and for parenthood. These were ethical and moral questions, which were not Mrs. Raff's to discuss except as occasion offered itself, with the individual. The students do not realize their moral obligations to this part of their residence life (report on file). Mrs. Raff then spoke of her visit to Columbia College, and gave an outline of the work for two years, which she wished to have introduced to the Senate of Victoria College, and of which she had spoken to the Chancellor and two of the College professors. Mrs. Raff's report was adopted on motion of Mrs. Sutherland and Mrs. Rowell. The report was to be sent to the Board of Regents with the names of the students omitted.²⁸

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Raff

Miss Richardson also brought a request from Mrs. Raff - that her sister, who is doing work in the Education Department, be granted permission to board in Annesley Hall during her stay in the city - this was agreed upon.²⁹

Mrs. Raff gave her report which was adopted... Mrs. Burwash then gave the report of the Gymnasium Committee which consisted of the following resolutions

1. Resolved that Miss Brud be paid 50 cents a week for playing the piano for the gymnasium classes Should her services be required...
2. Resolved that if it be possible Miss Hamilton shall come into residence at Annesley Hall.
3. Resolved that the students in the Margaret Eaton School of Expression who are taking teachers training in physical culture, shall be given the use of the gymnasium in Annesley Hall for apparatus work.
4. That Mrs. Raff's salary be six hundred dollars a year and residence.

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The first three resolutions were adopted... Regarding the 4th resolution dealing with Mrs. Raff's salary, it was moved by Mrs. Rommell, seconded by Mrs. F. Catelli, "that the question of Mrs. Raff's salary be referred to the finance committee and a report made at the next

²⁸ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 13 April 1911.

²⁹ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 13 June 1911.

meeting of the general committee," Carried.³⁰ Adopted at next meeting "on motion of Mrs. Wood and Mrs. Eaton."³¹ An invitation was made from Mrs. Scott Raff to the members of the committee to visit the gymnasium on Monday evening Feb. 26th.³²

Mrs. Raff presented her report. The students are divided into two section, junior and senior. The first year is taken by itself. There are nine periods of instruction. There is little use of apparatus, the aim being to teach relaxation, play, rhythm, deep breathing.³³

1 program

Mrs. Raff gave her report on the gymnasium, which was adopted on motion of Mrs. Rowell and Mrs. Gurney, including in the adoption sanction to engage Miss Breed for a second evening in the week at 50 cents per evening. Carried.³⁴

Mrs. Raff gave her report, saying that the university gymnasium is offering instructions for \$2.00 for the year. She had been instrumental in having the present course for women put into the calendar instead of the old one including much apparatus work, that Mr. Brebner advised on dropping our fee, that Dr. Barton recommended our keeping to our arrangements this year.

Mrs. Raff then said that she would like a petition presented to the Senate, asking that the university recognize the gymnasium teaching in Annesley Hall, and that the work of past students who had taken the prescribed curriculum for the diploma of the university be honored. Mrs. Rowell moved Miss Carty seconded a motion that the fee of \$5.00 for physical culture be annulled. Mrs. Rowell moved, Miss Carty seconded a motion that we ask Mrs. Raff to confer with Professor Robertson concerning her request that the Senate of the university recognizing the work done in the

³⁰ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 11 January 1912.

³¹ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 8 February 1912.

³² VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 8 February 1912.

³³ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 10 October 1912.

³⁴ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 14 November 1912.

gymnasium.³⁵

Mrs. Raff then gave her report, reading a letter from Professor Robertson, in which he suggests either that some student who has taken the course of instruction make application, accompanied by Mrs. Raff's certificates of instruction issued by Mrs. Raff be accepted. Moved by Mrs Gurney, seconded by Mrs. Burns, that an application from a graduate who has received Mrs. Raff's certificate for physical culture from the Annesley Hall gymnasium be made to the Senate, asking for pro taulo standing for the university diploma. Carried.³⁶

Mrs. Geo. Kerr moved and Mrs. Flavelle seconded - that we recommend that in view of the women's physical culture department of the university being organized and in view of the proposed changes in the household arrangements at Annesley and South Halls possibly involving added expense we discontinue our classes in physical culture for the ensuing year - carried - Mrs Gurney moved and Mrs. Kerr seconded that a special meeting of the Committee of Management be called for Friday Feb. 21st to discuss the proposed radical changes for the coming year. Carried. [only executive met during above meeting]³⁷

Mrs. Raff then presented to the Committee her report which had been prepared to be presented at the last regular meeting and which she was prevented from giving at that time. Her report contained her resignation as Director of Physical Culture of Annesley and South Halls. It was moved by Mrs. Kerr and seconded by Mrs. Gurney, that Mrs. Raff's resignation be accepted and that we express our appreciation of the faithful work Mrs. Raff has done in the Halls of Residence. Carried unanimously. It was moved by Mrs. Kerr seconded by Mrs. Flavelle that in view of the Women's Physical Culture Department of the University being organized and in view of the proposed changes in the household arrangements for Annesley and South Halls, possibly involving added expense, we discontinue our classes in Physical Culture for the ensuing year. Carried. Mrs. Kerr moved, Mrs. Fudger seconded that owing to the

³⁵ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 12 December 1912.

³⁶ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 9 January 1913.

³⁷ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 18 February 1913.

important changes made at the special meeting, the minutes of this meeting be type written and sent to every member of the Committee. Carried.³⁸

The committee of Management begs to report the discontinuation of the department of physical culture and the resignation of Mrs. Raff.³⁹

It was decided that Mrs. Massey and Mrs. Eaton should be written to stating that their resignation had been sent to the Victoria Women's Assoc.⁴⁰

Relating to Dr. Guest's suggestion about the pressing need in the University for a suitable building for physical training for women, Miss Addison reported that this matter had been again under consideration, in a committee composed of heads of the women's departments in the University. Plans have already been drawn up and these were submitted.....⁴¹

The general opinion is that a health department should be started, with the gymnasium for women as a centre.⁴²

BOD "afraid that this might commit the College to the University in the whole department of Public Health and Hygiene. The resolution is, therefore, held over for the present."⁴³

³⁸ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 21 February 1913.

³⁹ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 13 May 1913.

⁴⁰ VUA, 90.064, Volume 2, "Minute Book, Committee of Management of Annesley Hall, March 1911," 15 November 1913.

⁴¹ VUA, 90.064, Volume 5, "Minute Book, Committee of Management of Annesley Hall, 1920-1929," 9 December 1926.

⁴² VUA, 90.064, Volume 5, "Minute Book, Committee of Management of Annesley Hall, 1920-1929," 10 February 1927.

⁴³ VUA, 90.064, Volume 5, "Minute Book, Committee of Management of Annesley Hall, 1920-1929," 10 March 1927.

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Medical Exams

med (The purposes of these examinations is to ascertain in each case the general condition of health and physical capacity, as a guide to the best use of the gymnasium during the year) and any modification of the hall life which may seem advisable. The majority of the students examined were in very good physical condition but a considerable number showed a tendency to habitual deviation from normal position or various slight physical weaknesses which made necessary special prescriptions for their gymnasium exercises, as well as advice as to the conduct of their daily life, and a certain amount of oversight during the session.⁴⁴ *med*

At the beginning of the year.... The majority of these were found to be in quite good physical condition. Some had contracted faulty positions of body due to carelessness or lack of proper exercises, and a few were rather noticeably lacking in development. But the conditions were all such as should be improved and removed by systematic and carefully supervised exercise to the gymnasium and outdoor.⁴⁵

.... received physical examination for entrance to the gymnasium. While the large majority of these students were found to be in good health and in a normal physical condition, there were some cases of unsymmetrical development or lack of general strength and development due to want of previous physical exercise or to hereditary or other causes in which the use of the gymnasium under trained supervision should be especially helpful.... I was glad to note a general increase of interest and enthusiasm on the part of the students in regard to gymnasium work.⁴⁶

I saw all the students at residence at Annesley Hall and South Hall, and found their health and general physical condition, on the whole, satisfactory, though I think most of them at least, would benefit from College life and the opportunities of gymnasium

⁴⁴ VUA, 90.064V, Box 3, File 20, "Examining Physician's Report Re: Women's Health, 1905-1911, 1921-1930," 10 May 1905.

⁴⁵ VUA, 90.064V, Box 3, File 20, "Examining Physician's Report Re: Women's Health, 1905-1911, 1921-1930," 7 April 1909.

⁴⁶ VUA, 90.064V, Box 3, File 20, "Examining Physician's Report Re: Women's Health, 1905-1911, 1921-1930," 10 March 1910.

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exercise and training which are afforded here.⁴⁷

⁴⁷ VUA, 90.064V, Box 3, File 20, "Examining Physician's Report Re: Women's Health, 1905-1911, 1921-1930," 30 March 1911.

The real purpose of our gymnasium is to put our students into better condition for their work in life. For "Exercise is the chief source of improvement in all our faculties and Health is the soul that awakes all the enjoyments of life.... / Those who have worked faithfully and will are our Household Science students and that it has meant something to them is shown by actual measurement.... / Through these charts we aim to do corrective work and this year we have had outlined special treatment for low shoulders, drooping head, constipation, indigestion, biliousness, pain in back, narrow shoulders, with some encouraging results.... If we would acquire the best results in developing the strength of our bodies we must know something and learn the value of hygiene, diet, sleep, fresh air, exercise and bathing.... Exercise is as old as man - God said to Adam "In the sweat of thy face thou shalt eat bread." Thus we ~~do~~ find that those who labour every day with mind and body until they sweat out the daily made impurities are the happiest and longest lived in the world over. / Temperament and value of exercise go hand in hand. I believe that happiness and cheerfulness is necessary to perfect in the gym. Example (Lee G.) Indigestion - worry? Scientifically speaking there is no difference between the professional labour which circumstances demand from the mechanic or workman and the more a less refined exercise to which we devote ourselves. The manual laborer who chops wood, or the washerwoman, and the girl who fences both perform muscular work - but the student who fences has her exercise at her own time and hour, regulated to her taste the time she allots to it, following the call of hygiene, diet and rest while the poor man or woman, works too much, feeds badly and sleeps little - thus work wears out the one while exercise strengthens the other.⁴⁸

On Saturday morning the class for teachers in Physiology, Hygiene and Pedagogy at the Margaret Eaton School has been open to our students registered for the teachers' diploma. Four of our students registered for this course.⁴⁹

⁴⁸ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," 1905.

⁴⁹ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," 1905.

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The work must be more systematic.... They are extremely enthusiastic when they do get into the gymnasium. It is in the getting there that the rub comes.... The function of the gymnasium in an educational institution, especially one like Annesley Hall where the student lives for that best part of a year, is to reach those students who have as natural aptitude for physical exertion of any kind.... We must not shut our eyes to the fact that there are in Annesley Hall girls who do not own hockey sticks or tennis racquets, who spend the gymnasium period in making fudge, study until twelve o'clock every night and go to four hours of severe mental application with no breakfast the next morning. If she got honors in all her subjects I should never call such a girl educated.... The attendance at gymnasium must be enforced in some way.... Personally I do not think that a residence is the place for a girl who does not conform to the prescribed rules of a house but I have no power to support my opinions. [Helen Armington]⁵⁰

Miss Wreyford has accepted the position of assistant in the gymnasium and proving herself a worthy successor to Miss Armington. Her work is good. She believes the gymnasium should be the place for healthy recreation. In a vote of the student body we changed the hour for gymnasium work from five to six o'clock each day of the week.... The hour from five to six is not yet successful - but we find from the University Calendar that it is practically a free one and it is the hour recommended by physicians and teachers of physical education. The students are taking exercise, most of them, in some form, field hockey, walling, tennis and gymnasium.⁵¹

I have started some work in deportment, - walking, sitting, street and reception deportment. The students seem to be very interested in this.⁵²

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Seventeen of this number have been examined by Dr. Davis and the Director and we find the girls not

⁵⁰ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," February 1907.

⁵¹ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," 13 November 1907.

⁵² VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," Winter 1908.

strong, after fifteen names I find such words as these: Weak ankles, constipation, postural defection, postural curvature, chest breathing - corsets. The girls do not stand well, sit well, nor walk properly, and from my own gymnasium test - they are not breathing properly and are absolutely ignorant of the value of relaxation.... I have arranged a series of five minute talks to give our girls in these early morning classes on breathing, diet, sleep, fresh air, exercise, bathing, and the real purpose of the gymnasium for our women, which is to give them health and vigor of mind and body to fit them for their work in life.⁵³

problem

The anthropometry test shows an almost universal lack of development on the left side and in several cases a shortage in growth of from six to two inches.... The Thursday evening session to be given at South Hall in scientific breathing, and fundamental principles, if this meets with your approval. There is a great need for definite work in deportment and on Miss Addison's advice I have conferred with the head of the house committee regarding ways and means of helping our girls in this way.⁵⁴

problem

We are paying particular attention to individual development and our girls are working for height of body, breadth and depth of chest, straightening of knees and elbows. The first period of the morning session is prefaced by this remedial and building process, followed by deep breathing, and then fifteen minutes of good vigorous exercise followed by a period of relaxation and breathing to bring the heart back to a normal beat. Miss Wreyford asked to be relieved of her share of the work after Christmas and since then I have had the very competent assistance of Miss Hamilton, lat of the Kingston Y.W.C.A., a gentlewoman that knows her work and how to teach it.⁵⁵

work

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notes

Every Saturday morning there are classes in Physiology, Hygiene and Swedish Theory at the Margaret Eaton School

⁵³ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," 14 October 1908.

⁵⁴ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," October 1909.

⁵⁵ VUA, 90.064V, Box 3, File 19, "Director of Physical Education, Reports Re: Women's Use of the Gymnasium, 1905-1913," Winter 1909.



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